

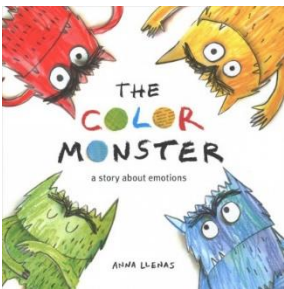


Children's Books for Managing Emotions

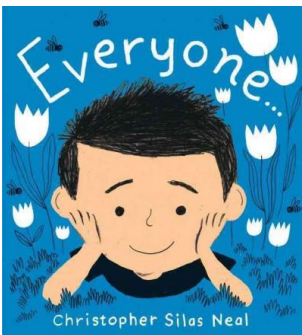
These books help children identify their feelings and learn how to manage emotions in a healthy way.

[FEELINGS & EMOTIONS](#) [WORRY/STRESS/ANXIETY](#) [SADNESS/DEPRESSION](#) [ANGER](#) [MORE WAYS TO COPE](#)

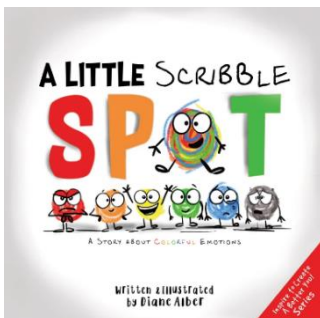
FEELINGS & EMOTIONS:



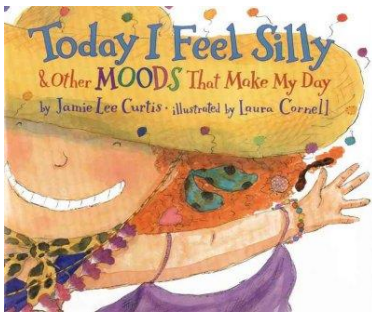
[The Color Monster: A Story About Emotions](#) (E LLE) by Anna Llenas : Emotions, including happiness, sadness, anger, fear, and calm, are described through the actions of a monster sorting them out. Also available in [eBook](#).



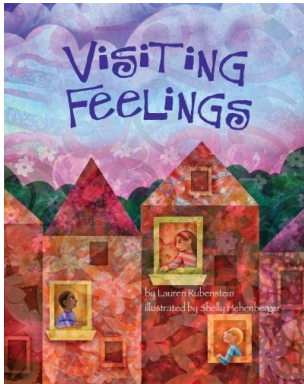
[Everyone](#) (E NEA) by Christopher Silas Neal: Journey with a young boy as he explores the full range of emotions that everyone feels.



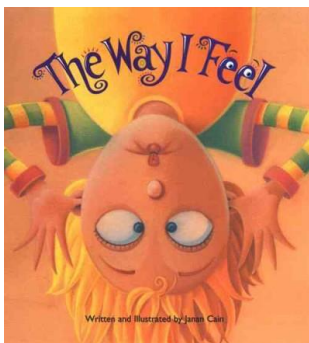
[A Little Scribble Spot: A Story About Colorful Emotions](#) (E 152.4 ALB) by Diane Alber: It's healthy to experience emotions, but sometimes they get jumbled together and make us confused. This book helps us identify and manage our emotions.



[Today I Feel Silly & Other Moods That Make My Day](#) (E CUR) by Jamie Lee Curtis: A child's emotions range from silliness to anger to excitement, coloring and changing each day.

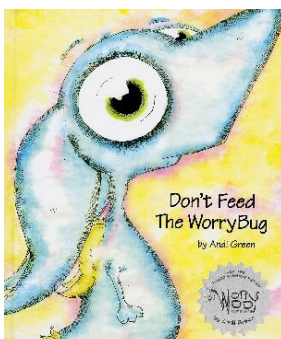


[Visiting Feelings](#) (E 152.4 RUB) by Lauren Rubenstein: Invites children to sense, explore, and befriend any feeling with acceptance and equanimity. Children can explore their emotions with their senses and nurture a sense of mindfulness. Gaining this objectivity allows space for a more considered response to the feelings

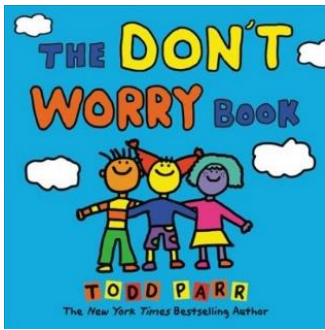


[The Way I Feel](#) (E 152.4 CAI) by Janan Cain: Illustrations and rhyming text portray children experiencing a range of emotions, including frustration, shyness, jealousy, and pride.

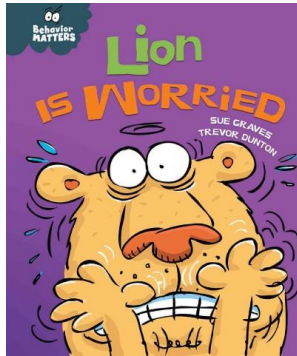
WORRY/STRESS/ANXIETY:



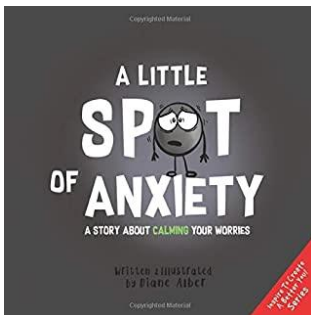
[Don't Feed The WorryBug](#) (E 152.46 GRE) by Andi Green: Join Wince as he discovers the secret to keeping his worries from getting monstrous. Using unique drawings and clever rhymes, Don't Feed The WorryBug carries an insightful message that readers of all ages will enjoy.



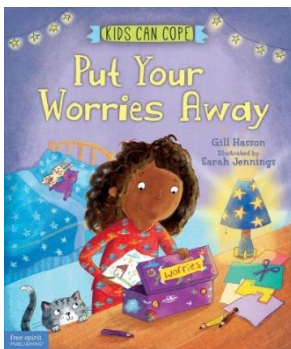
[The Don't Worry Book](#) (E PAR) by Todd Parr: With colorful pictures and a reassuring message, Todd Parr shows that sometimes we worry -- but there are lots of things you can do to help you feel better. Also available in [eBook](#).



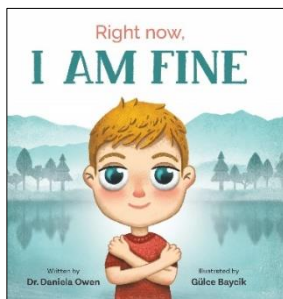
[Lion is Worried](#) (E 152.46 GRA) by Sue Graves: It's normal to feel worried sometimes, but it's good to recognize when our worries keep us from enjoying fun experiences. Readers discover this valuable life lesson as they learn along with Lion, whose worries nearly ruin his field trip to an amusement park. Questions are also included to help readers relate the content of Lions story to their own lives. Each page is filled with colorful illustrations of fun animal characters, creating a reading experience children are sure to enjoy.



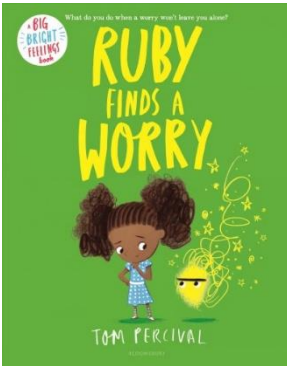
[A Little Spot of Anxiety: A Story About Calming Your Worries](#) (E 152.4 ALB) by Diane Alber: This story addresses how anxiety can affect all ages and how it can show up in all different situations. The Gray SPOT in the story creates a visual representation of Anxiety so that a child can see when it's gets too big, and how to shrink it back to a Green PEACEFUL SPOT. It offers creative strategies for children to help cope with anxiety as well.



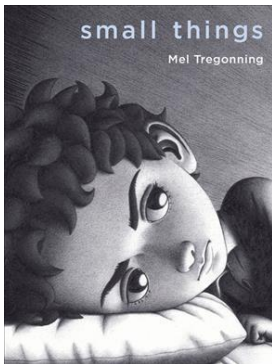
[Put Your Worries Away](#) (E 152.46 HAS) by Gill Hasson: All children worry sometimes, and they often need help learning how to deal with anxiety. In this encouraging picture book, readers learn ways to help themselves when they feel anxious, nervous, or fearful. Strategies for how to calm down and cope with worries are clearly explained, from breathing exercises and playing with friends to seeking help from an adult.



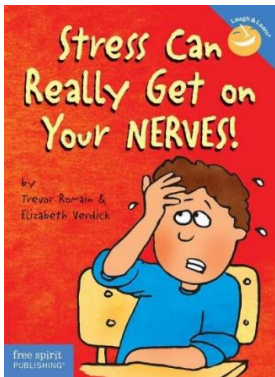
[Right Now, I Am Fine](#) (E OWE) by Dr. Daniela Owen: This book is a mindfully written self-help guide to aid children in dealing with stress and anxiety, by uncovering their emotions and following a simple calming routine.



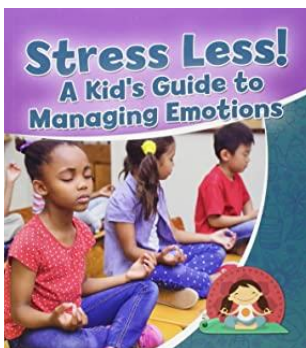
[Ruby Finds a Worry](#) (E PER), by **Tom Percival**: A young girl's sense of adventure and exploration vanishes when she discovers a Worry that grows and grows until she learns how to get rid of it. Also available in [eBook](#).



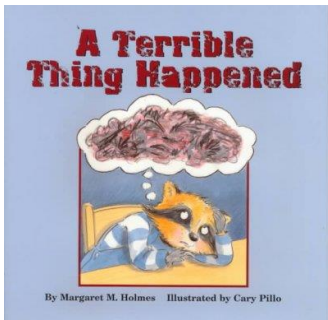
[Small Things](#) (J ADV TRE), by Mel Tregonning: An empowering wordless graphic picture book that gets to the heart of a young boy's anxiety and opens the way for dialogue about acceptance, vulnerability, and the universal experience of worry.



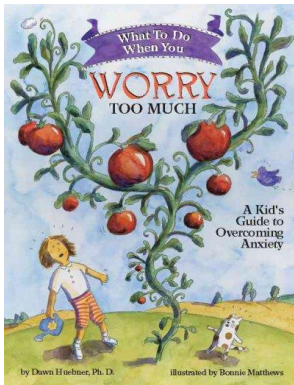
[Stress Can Really Get on Your Nerves!](#) (J 155.9042 ROM) by Trevor Romain & Elizabeth Verdick: Uses silly jokes and light-hearted cartoons along with serious advice to help readers recognize the causes of stress and its effects and learn how to handle worry, anxiety, and stress.



[Stress Less!: A Kid's Guide to Managing Emotions](#) (J 152.4 SJO), by Rebecca Sjonger: What is stress? -- Good and bad stress -- How long does it last? -- Body signals -- On your mind -- **Stress** busters -- Talk about it -- Healthy habits -- Breathe! -- Show what you know.

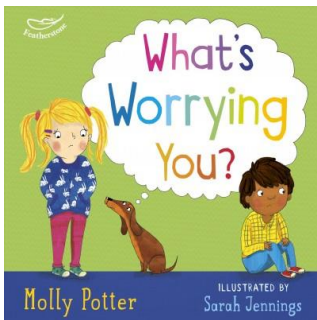


[A Terrible Thing Happened](#) (E 152.46 HOL) by Margaret Holmes: After Sherman sees something terrible happen, he becomes anxious and then angry, but when a counselor helps him talk about these emotions he feels better.

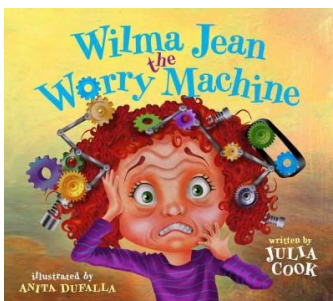


[What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety](#) (J 152.46 HUE) by Dawn Huebner, Ph.D.:

Teaches school-age children cognitive-behavioral techniques to reduce and overcome anxiety, fears, and worry, through writing and drawing activities and self-help exercises and strategies. Includes introduction for parents

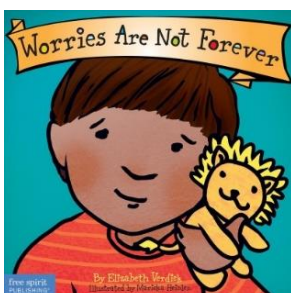


[What's Worrying You?](#) (E 152.46 POT) by Molly Potter: Each page takes the child step-by-step through different worry scenarios -- like fighting with a friend, getting in trouble at school, or feeling like no one is listening -- then offers suggestions for how to alleviate anxiety. With fun and lively illustrations from Sarah Jennings, gentle guidance on developing emotional literacy, and simple advice for tackling problems they might face. Also available in [eBook](#).

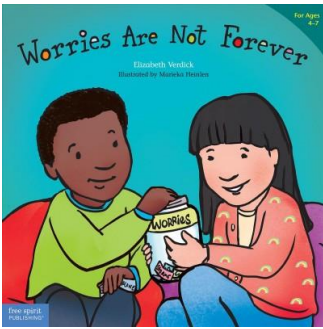


[Wilma Jean the Worry Machine](#) (E 152.46 COO) by Julia Cook:

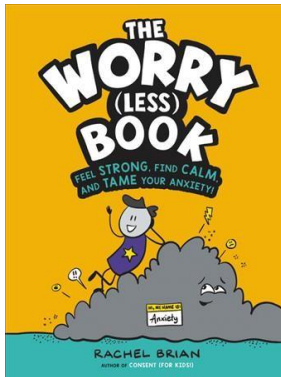
Wilma Jean worries about everything. She worries about missing the bus, doing a math problem wrong, having friends to play with, and getting carrots in her school lunch. Wilma Jean's teacher helps her figure out what worries she can control and those that she can't and what to do about both types of worries.



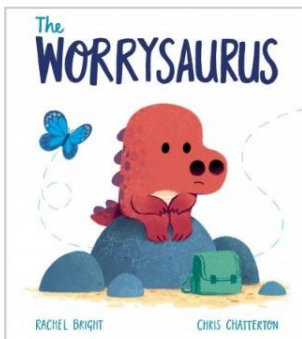
[Worries are not forever](#) (E 152.46 VER) by Elizabeth Verdick: Helps toddlers to understand that everyone worries, but there are things you can do to help you feel better.



[Worries are not forever](#) (E 152.46 VER) by Elizabeth Verdick: This book for preschool and primary children explains what worries are and how it feels to be worried. It assures children that everyone--even grown-ups--feel worried, and that they can learn to cope. Strategies include talking about worries, breathing deeply, and thinking good thoughts. Includes a section for adults

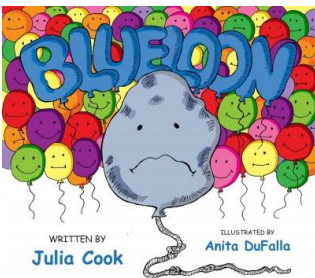


[Worry Less Book: Feel Strong, Find Calm, and Tame Your Anxiety!](#) (J 152.46 BRI) by Rachel Brian: Expertly vetted and playfully presented with comic illustrations, a young person's guide to anxiety management shares reassurance about how everyone gets worried sometimes and what to do when too much anxiety gets in the way. Also available in [eBook](#).

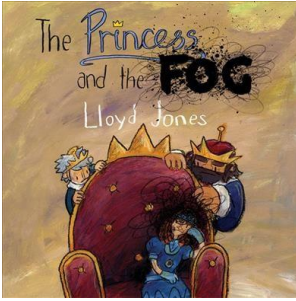


[The Worrysaurus](#) (E BRI) by Rachel Bright: It's a beautiful day and Worrysaurus has planned a special picnic. But it isn't long before a small butterfly of worry starts fluttering in his tummy... What if he hasn't brought enough to eat? What if he gets lost in the jungle? What if it rains?! With a little help from his mom, Worrysaurus finds a way to soothe the anxious butterflies, chase his fears away, and find peace and happiness in the moment at hand.

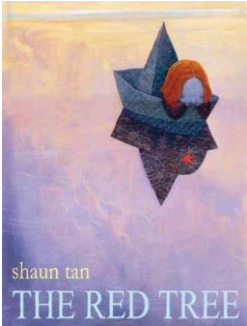
SADNESS/DEPRESSION:



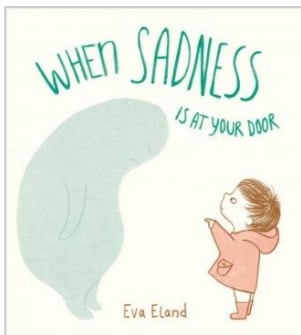
[Blueloon](#) (E 616.85 COO) by Julia Cook: Meet Blueloon - a sad little balloon who is suffering from depression. With help from the wise rock, Blueloon learns what he can do to “bounce back” to being the way he used to be - bright, round, and full with a very straight string!



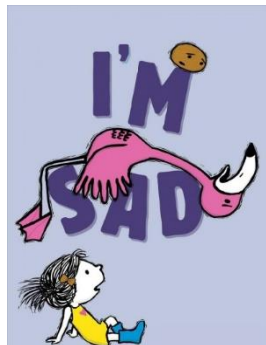
[The Princess and the Fog](#) (J 616.85 JON) by Lloyd Jones: Explains what depression is and how it affects people through a story about a princess and a fog around her that she cannot get rid of on her own. Also available in [eBook](#)



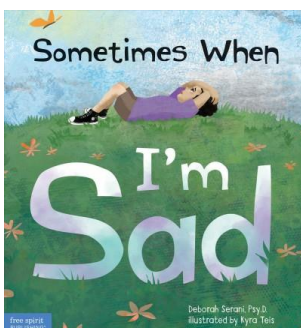
[The Red Tree](#) (J ADV TAN), by Shaun Tan: Beautifully illustrated, this story depicts a young girl who is struggling with depression. A red leaf follows the girl through her lonely world until she finds hope in the form of a red tree.



[When Sadness Is at Your Door](#) (E 152.4 ELA) by Eva Eland: A comforting primer in emotional literacy and mindfulness that suggests we approach the feeling of sadness as if it is our guest. Also available in [eBook](#).

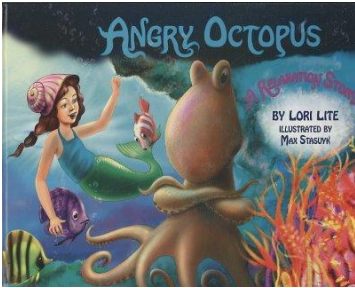


[I'm Sad](#) (E BLA) by Michael Ian Black: Flamingo learns that it is okay to be sad sometimes and that her friends, the little girl and Potato, will stand by her no matter how she feels.

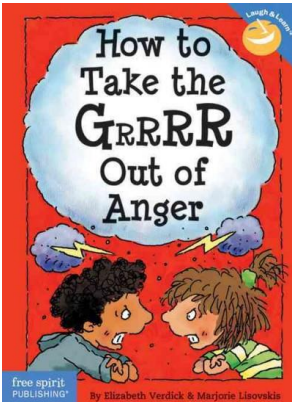


[Sometimes When I'm Sad](#) (on order-available to reserve) by Deborah Serani, Psy.D.: This sensitive and supportive story helps children recognize and cope with sadness. Using gentle and straightforward language, this simple story offers an entrance point for adults and children to identify and address childhood depression symptoms.

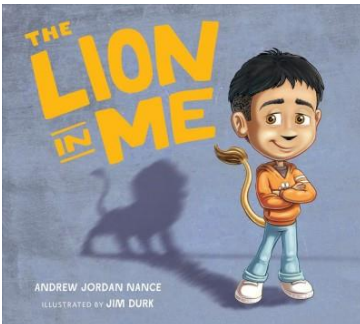
ANGER:



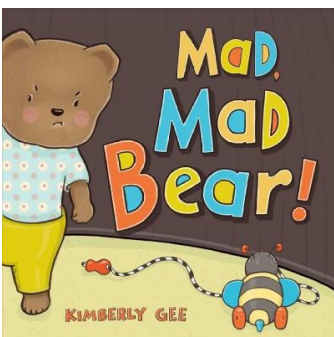
[Angry Octopus: A Relaxation Story](#) (E 152.47 LIT) by Lori Lite: Children relate to the angry octopus in this story as the sea child shows him how to calm down and manage his anger. The engaging story quiets the mind and relaxes the body so your child can let go of anger and fall asleep peacefully.



[How to Take the Grrrr Out of Anger](#) (J 152.47 VER) by Elizabeth Verdick: Everyone gets angry sometimes. But if you're angry a lot... or stay angry for a long time... or get in trouble for getting angry... or don't like the way anger makes you act or feel... you can take the Grrrr out of anger.



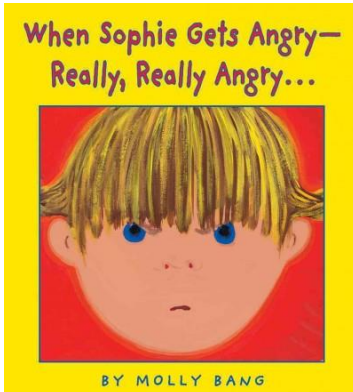
[Lion in Me](#) (E 152.47 NAN) by Andrew Jordan Nance : When I feel anger start to roar, I take a deep breath and count to four..." In the latest picture book from educator Andrew Nance, author of the bestselling *Puppy Mind*, a young boy learns to calm his ferocious anger. Using deep breaths, the lion inside--his growling anger--can be tamed. Also available in [eBook](#).



[Mad, Mad Bear!](#) (E GEE) by Kimberly Gee: Bear is very angry that he has to leave the park, but after taking a deep breath he learns to let it go.

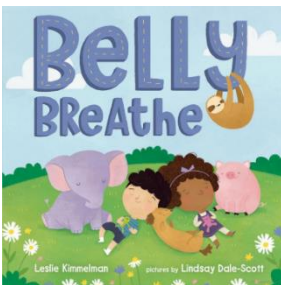


[Sweep](#) (E GRE), by Louise Greig: An uplifting story about how to confront big emotions finds a youngster navigating the worst bad mood of his life when it spreads like dark clouds over his whole community.

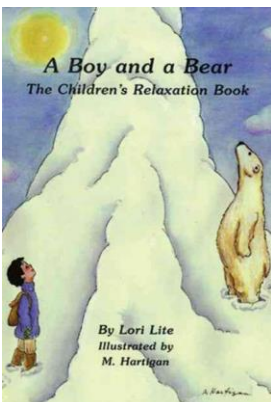


[When Sophie Gets Angry-Really, Really Angry...](#) (E 152.47 BAN) by Molly Bang: A young girl is upset and doesn't know how to manage her anger but takes the time to cool off and regain her composure.

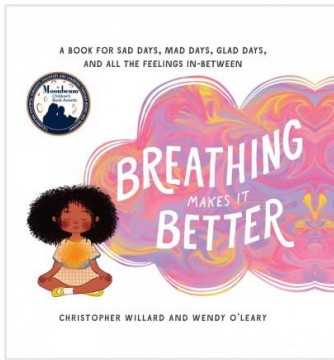
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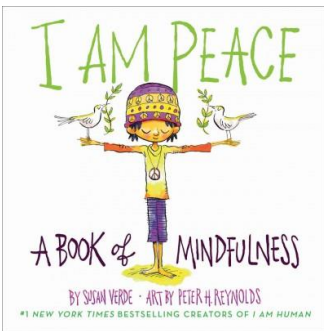
[Belly Breathe](#) (E 152.4 KIM) by Leslie Kimmelman: A simple relaxation and calming technique, belly breathing is a tool everyone can use! Studies have found that belly breathing improves concentration and relieves tension. This mindfulness board book showcases the easy skill that is a great way to teach kids how to manage stress and emotions.



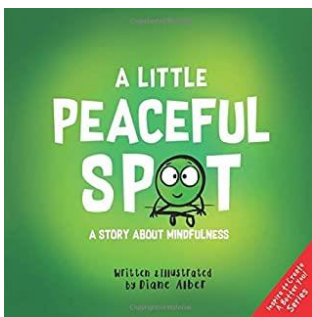
[Boy and a Bear :The Children's Relaxation Book](#) (J 613.792 LIT) by Lori Lite: This story of a young boy who encounters a polar bear while climbing a snow-covered mountain teaches children relaxation techniques to reduce stress, prepare for sleep, and improve self-confidence.



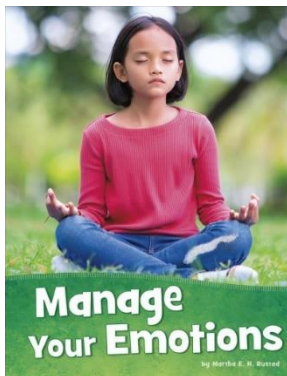
[Breathing Makes It Better : A Book for Sad Days, Mad Days, Glad Days, and All the Feelings In-Between](#) (on order-available to reserve) by Christopher Willard and Wendy O'Leary: Read aloud and breathe along with this sweet story teaching children how to navigate powerful emotions like anger, fear, sadness, confusion, anxiety, and loneliness. Simple guided practices, like imagining you are a tree blowing in the wind, follow each story to teach children how to apply mindfulness techniques when they need them the most.



[I Am Peace : A Book of Mindfulness](#) (E VER) by Susan Verde: A child starts to get carried away with worry and rushing thoughts before taking a breath, steadying, observing thoughts, feeling kindness, feeling thankful, and experiencing the world. Also available in [eBook](#).

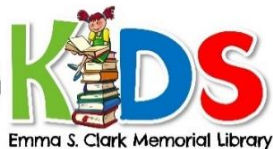


[A Little Peaceful Spot : A Story About Mindfulness](#) (E152.4 ALB) by Diane Alber: When the world feels overwhelming, find your PEACEFUL SPOT with this mindful story! Learn how to identify your emotions and bring them to your CALM, PEACEFUL SPOT. This book is perfect for the classroom or at home too!



[Manage Your Emotions](#) (on order-available to reserve) by Martha E.H. Rustad: Sometimes you feel happy. Sometimes you feel sad. Sometimes you don't know how you feel. You feel lots of different things all day long. Talk about your feelings and learn how to deal with them.

For more resources on these and similar topics, contact a children's librarian:



Emma S. Clark Memorial Library
120 Main Street Setauket, NY 11733
Email: kids@emmaclark.org
Phone: 631.941.4080, ext. 123